

GROUP X

GROUP EXERCISE SCHEDULE FOR NOVEMBER 2018



ROOM COLOR KEY:

GROUP FITNESS

MIND/BODY

POOL

BASKETBALL COURT

CYCLE

SUNDAY

| | | | |
|---------|--------|-------------------|------------|
| 9:00 am | 45 min | PERFORMANCE CYCLE | Tracy M. |
| 9:00 am | 50 min | POP PILATES | Alondra R. |

MONDAY

| | | | |
|----------|--------|------------------|------------|
| 7:00 am | 50 min | PILATES | Cheryl D. |
| 8:15 am | 90 min | HATHA YOGA | Harsha G. |
| 8:30 am | 60 min | AQUA FIT | Melissa S. |
| 8:30 am | 45 min | HIIT | Deric C. |
| 9:30 am | 30 min | CYCLE SPRINT | Alondra R. |
| 10:15 am | 45 min | FOREVER BALANCED | Melissa S. |
| 4:45 pm | 45 min | BARRE | Alexis V. |
| 5:30 pm | 50 min | HIIT | Deric C. |
| 6:00 pm | 60 min | YOGA | Cheryl D. |

TUESDAY

| | | | |
|----------|--------|----------------|------------|
| 5:30 am | 60 min | MASTER SWIM | Dominic P. |
| 5:30 am | 50 min | HIIT | Deric C. |
| 6:00 am | 45 min | RHYTHM CYCLE | Tracy M. |
| 8:30 am | 45 min | PILATES | Alisa R. |
| 8:30 am | 60 min | HIIT | Deric C. |
| 8:30 am | 60 min | AQUA FIT | Melissa S. |
| 8:30 am | 45 min | RHYTHM CYCLE | Alondra R. |
| 10:15 am | 45 min | FOREVER STRONG | Melissa S. |
| 6:00 pm | 45 min | HIIT | Kelijo B. |

DO YOU HAVE WHAT IT TAKES TO BE A SPARTAN?

Compete in the next Spartan event coming up on December 1st at AT&T Park!

TRAINING SCHEDULE*

| | |
|-----|-----------------------|
| Thu | FLEXIBILITY |
| Mon | STRENGTH |
| Tue | CARDIO |
| Wed | STRENGTH |
| Fri | REST |
| Sat | SPARTAN RACE TRAINING |
| Sun | FLEXIBILITY |

*Classes highlighted in orange are suggestions for training in the Spartan Race.

Interested in joining the team? Contact the Fitness Coordinator, Deric Cunha at dcunha@ardenhills.net or 916.480.1178.

WEDNESDAY

| | | | |
|----------|--------|----------------|------------|
| 5:45 am | 45 min | CYCLE FUSION | Brooke F. |
| 7:00 am | 50 min | PILATES | Cheryl D. |
| 8:15 am | 90 min | HATHA YOGA | Harsha G. |
| 8:30 am | 60 min | AQUA FIT | Sandi S. |
| 8:30 am | 45 min | HIIT | Alisa R. |
| 9:30 am | 30 min | CYCLE SPRINT | Alondra R. |
| 10:15 am | 45 min | FOREVER STRONG | Melissa S. |
| 4:45 pm | 45 min | BARRE | Alexis V. |
| 5:30 pm | 50 min | HIIT | Deric C. |
| 6:00 pm | 60 min | YOGA | Cheryl D. |

THURSDAY

| | | | |
|----------|--------|----------------|------------|
| 5:30 am | 50 min | HIIT | Deric C. |
| 5:30 am | 60 min | MASTER SWIM | Dominic P. |
| 6:00 am | 45 min | RHYTHM CYCLE | Tracy M. |
| 8:30 am | 45 min | BARRE | Alisa R. |
| 8:30 am | 50 min | HIIT | Deric C. |
| 8:30 am | 60 min | AQUA FIT | Jasmine C. |
| 9:30 am | 50 min | CYCLE | Alisa R. |
| 10:15 am | 45 min | FOREVER STRONG | Jasmine C. |
| 6:00 pm | 45 min | HIIT | Kelijo B. |

FRIDAY

| | | | |
|----------|--------|----------------|------------|
| 5:45 am | 45 min | CYCLE FUSION | Brooke F. |
| 8:30 am | 60 min | TAI CHI | Robert N. |
| 8:30 am | 60 min | AQUA FIT | Sandi S. |
| 8:30 am | 45 min | RHYTHM CYCLE | Alondra R. |
| 8:30 am | 50 min | HIIT | Deric C. |
| 10:15 am | 45 min | FOREVER STRONG | Kelijo B. |

SATURDAY

| | | | |
|----------|--------|-----------------------|------------------------|
| 8:30 am | 50 min | CYCLE | Rotation |
| 8:30 am | 60 min | AQUA FIT | Sarah M. & Samantha M. |
| 9:00 am | 60 min | YOGA | Jody L. |
| 9:00 am | 60 min | HIIT | Deric C. |
| 10:00 am | 60 min | SPARTAN RACE TRAINING | Deric C. |